



University of Haifa  
— International School —

# Pre-Arrival Information Kit

#WhyHaifa  
**Multi  
Experience**

---

Excellence.Diversity.Innovation

## Pre-Arrival Information

Table of Content:	Page
	3
<b>I. General Information</b>	
The City of Haifa and the University of Haifa	
On-Campus Dormitories	
Quarantining at the Dorms	
Quarantine rules and guidelines	
Food and Beverages during the Quarantine period	
Gym Facilities	
Food and Living Expenses	
<b>II. Required Documents</b>	10
Passport	
Israeli Visa Requirements	
Israeli Visa Extensions during the studies	
<b>III. Arrival and Flight Information</b>	11
Travel to Israel	
Travel Within Israel	
Luggage	
How to Arrive from the Airport to the University of Haifa	
Phone Services upon Arrival	
<b>IV. What to Bring</b>	14
Suggested Packing List	
Electrical Appliances	
<b>V. Communications While in Israel</b>	15
Phone Services upon Arrival	
Mail	
Internet connection	
<b>VI. Health Care and Insurance</b>	16
Medical Insurance	
Medication	
Mental Health	



"Clalit" Medical Services in Haifa  
Emergency Services and Services after Clinic Hours  
Prescribed Medication in Israel

<b>VII. Banking and Money Matters</b>	19
Bank Cards	
Credit Cards	
Opening an Israeli Bank Account	
<b>VIII. Security and Life in the Middle East</b>	19
Emergency Contacts	
<b>IX. Academic Information</b>	20
Semester Courses	
Moodle System	
Student App	
Grading System	
Transcripts	
<b>X. Student Activities</b>	22
<b>XI. Thank You</b>	23

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



## // GENERAL INFORMATION

### The City of Haifa and the University of Haifa:

Haifa is a beautiful Mediterranean city surrounded by miles of natural beaches and the Carmel National Park. In addition, Haifa is Israel's foremost port city for international commerce and a center of high tech industry. It is the world center of the Baha'i faith, and the Jewish, Christian, Muslim and Druze communities play important roles in shaping the city's harmonious and friendly social ambiance. Haifa is a city that offers all forms of cultural entertainment with its internationally acclaimed symphony orchestra and theater and numerous cinemas, clubs, restaurants and pubs.

For more information on attractions in Haifa: <https://uhaifa.org/attractions>.

The University of Haifa is located on top of Mt. Carmel on the southeast side of the city bordering with the Carmel National Park. Over 17,000 students are enrolled in its undergraduate and graduate degree programs in the faculties of humanities, social sciences, education, social welfare, science and science education, and law. The University is also the home of a large number of research institutes and study centers and offers extensive pre-academic and external study programs.

### On-Campus Dormitories:

The University of Haifa student dormitories are located on campus and there is a security guard at the entrance 24 hours a day. About 1,000 students live in the dorms at the University of Haifa, including students of all social, economic, religious, and ethnic backgrounds. While students are not required to live in the dormitories on campus, it is strongly encouraged. The dormitories allow the opportunity to meet many Israeli students and have a more complete Israeli experience.

There are three types of dormitory accommodations available to international undergraduate students:

- **Federman Single Dorms** have shared apartments with 3 private bedrooms, shared bathroom/shower and shared common area.
- **Federman Double Dorms** have shared apartments with 3 bedrooms, each shared by two students, shared bathroom/shower and shared common area.
- **Talia Dorms** include shared apartments with 3-6 private bedrooms, private shower/bathroom, and shared common area. **(All students residing in the dorms will be placed automatically in Talia for the first two weeks regardless of quarantine requirements, and will be able to switch dorms after that time based on availability, and through the dormitories staff).**

Located in the dormitories complex are self-service laundry rooms and a grocery store. All rooms and public spaces in the dormitories have WIFI Internet connections. In addition, there is a "moadon" or "club" with a large-screen television which often hosts parties, workshops, lectures, and other activities.

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



Dorm's website: <https://dekanat.haifa.ac.il/dorms/>.

Payment procedures: All dormitories fees are paid directly through the International School.

### ***What is included in the room:***

All rooms will be provided with a single bed, desk, closet, and shelves. Please note the following: **You must bring with you sheets, blankets, pillows, and towels as well as any other linens needed for your room.**

The dormitories will provide you with a hotplate and a refrigerator in your dorms. **Utensils and added appliances are NOT provided by the dormitories.** They can be purchased upon arrival at the Dorms grocery store, or brought with you from home. **For those arriving for quarantine period, please make sure you bring basic kitchen supply with you (a plate, cup, pan and other kitchenware that you need).**

**\*Dorms grocery store offers a basic kitchenware package that includes a pan, cooking pot, cutlery, cutting board, plate, bowl and a coffee cup. They also offer towels and linens. For more information about the content of the package and availability, please contact the Dorms grocery store through their WhatsApp account: +972-54-7922334.**

### ***Useful dormitories forms and requests:***

- Upon entering the dorms room, you will need to fill in the check-in form. The form can be downloaded from the following link: [https://uhaifa.org/images/Dorm\\_Check-in\\_Check-out\\_form.pdf](https://uhaifa.org/images/Dorm_Check-in_Check-out_form.pdf)
- For maintenance request please fill in the following form: <https://haifahdskgl.formtitan.com/MaintTicket#/>
- For room transfer, please, fill in the following request: <https://haifahdskgl.formtitan.com/appmove#/>

### **Quarantining at the Dorms:**

Please note that in accordance with current Ministry of Health guidelines and regulations, all students coming to Israel from abroad from countries indicated as "red" will be required to complete a two-week quarantine. Quarantine in the dorms, will be possible only in the **Talia dormitory complex** and only **between October 1st-- October 15th** time period, two weeks prior the beginning of the Academic year. In that case, the annual dormitory fee will be charged according to **the cost of the Talia dorms**. Students, who already reserved housing that is not Talia, will be required to adjust their payment to the costs of the Talia dorms. Students, at the end of the two-week quarantine period have the ability to file a request with the dormitory authority to move from Talia to other types of housing and will be transferred based on room availability only. **Please note that students may not lease apartments at the Dormitories for the purpose of quarantine only.**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



## Arrival, quarantine rules & guidelines:

1. Before your flight to Israel, please, submit a clearance form to be able to board the plane no more than 24 hours before arrival to Israel. Please, print out the clearance and take it with you until arrival in Israel (after passport control).  
<https://www.gov.il/en/Departments/Guides/flying-to-israel-guidlines>
2. Upon arrival to Israel, please, fill in two forms:
  - 1) **The Ministry of Health self-quarantine form:**  
<https://govforms.gov.il/mw/forms/HouseIsolation%40health.gov.il?displang=en>
  - 2) **International School arrival confirmation form:** <https://www.studyinhaifa.com/arrival> to let us know you have arrived in Israel and are on your way to Haifa. The form must include your Israeli phone number. For detailed information on phone services, please refer to Phone Services upon arrival, p. 14.
3. Students **are not allowed** to use any form of public transportation to arrive at their home quarantine destination, except for taxis and subject to the rules (wearing facial masks is required at all times, windows open, sitting in the back seat). For details information regarding the airport taxi services, please see p. 13.
4. Upon arriving to the University of Haifa dormitories, an International School representative or Dorm representative will conduct check-in procedures, and take you to the designated room. **Students with off-campus accommodations, must proceed immediately to their own apartment, and notify the International School regarding their arrival to the quarantine apartment.** International School contact number: **+972-52-8666-431**.
5. **Guidance for self-quarantine:**
  - Stay indoors;
  - Keep the apartment well-ventilated.
  - Students sharing the quarantine area of the same apartment can stay together in the common room and must wear facial masks at all times. Physical contact is to be avoided as much as possible between residents.
  - Do not share items including dishes and utensils, unless thoroughly cleaned after each use.
  - When exiting the room cover your mouth and nose with a face mask (preferably) or a cloth.
  - Wash hands with soap and water or clean them with an alcohol-based sanitizer before and after food preparation, before eating, and before and after using the toilets.
  - It is preferable to use disposable paper for hand drying;
  - If available, use a separate bathroom and/or toilet;
  - Keep mouth and nose covered while sneezing or coughing, cough or sneeze into a disposable tissue or sleeve. Immediately afterwards, wash hands with soap and water or disinfect them with alcohol-based sanitizer;
  - If a fever or respiratory symptoms develop, or loss of taste or smell, or any other medical condition, **call International School contact person immediately**. The student with symptoms that is dorm's resident, will be moved out of the shared apartment into individual self-quarantine area until the testing will be completed. Students living in off-campus accommodation must self-isolate in their room and notify the International School regarding the symptoms. **International School emergency contact number: +972-52-866-6431.**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



6. If you are dorms resident, please, make sure to arrive to the apartment with the sufficient clothing and personal gear to last for 14 days as no laundry is available during the isolation period.
7. Active connection is required during the quarantine period. The student will be required to connect to the WIFI network and be available through WhatsApp/Zoom platforms through which all communication with the International School will be conducted. In the dorms, students will be able to connect to their apartment's WIFI network.
8. For details information regarding food, please refer to section below.

### Food and Beverages during the Quarantine period:

Students will have quick easy access to purchasing groceries from the dormitories market throughout the quarantine period.

Step 1: Make a grocery list

Step 2: Send your grocery list, dorm apartment and room number to Lena at: [+972-54-792-2334](tel:+972-54-792-2334)

Step 3: Make payment (they will inform you on when and how payment is made)

Students who are living off campus in Haifa can order from them as well and have groceries delivered to their apartment. Any students interested in doing so would put their address in Step 2.

**Off-Campus Students-** There is a **200 shekel** minimum order and **15 shekel delivery fee**.

**Dormitory Students-** There is a **100 shekel** minimum order and **NO delivery fee** to your dorm apartment

**For assistance with food orders, please contact the social activities coordinator who is available to assist you: [+972-52-866-6431](tel:+972-52-866-6431)**

### Food/ Supply Inventory List and Pricing (Prices in Shekels)

<b>Milk</b>	<b>3% Fat- 5.95 / 1% Fat- 5.55</b>
<b>Soy Milk</b>	<b>11.70</b>
<b>Coconut Almond Milk</b>	<b>12.90</b>
<b>UHT Milks Alpro: Soy, Almond, Rice, Coconut, Oat</b>	<b>14.50</b>

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation

Yogurt	2.80 - 3.70
Yellow Sliced Cheese (200 gr)	13.90 - 17.90
Cottage Cheese	5.90
Deli Meat (Various 240 gr)	24.90
Deli Meat (Various 300 gr)	25.90
Flavored Hummus (Various 400 gr)	12.90
Plain Hummus (750 gr)	12.90
Salads / Dips- Red Cabbage, Eggplant, Tahini, Matbuha (tomato salad)	12.90
Eggs	11.30 - 11.90
Plain Bread Sliced	7.11
Fresh Vegetables and Fruit	<a href="#">Selection Varies by Season</a> <a href="#">Ask for Types and Pricing (prices vary)</a>
Light Breads (wheat/diet)	9.90 - 15.90
Pita	4.90 - 7.90
Doritos (Various)	1 for 3.90 or 3 for 10
Potato Chips (Various)	1 for 4.90 or 3 for 12.90
Bamba (peanut butter puffs) / Bisli (salty and crunchy snack)	1 for 4.50 or 3 for 10
Microwavable Popcorn ( 6 pack x 90 gr)	14.90
Pretzels (300 gr)	10.90
Pasta	1 for 4.90 or 3 for 11.90
Rice	7.90 - 10.90

Chocolate Bars "The Cow" (Various)	1 for 6.50 or 2 for 10.90
Black Coffee (Turkish Style)	8
Instant Granulated Coffee (Large)	24.90
Plain Tea (25 bags)	8.90
Flavored Teas	12.90
Sugar	4.40
Salt	2.09
Spices (Various)	10.90
Bottled Water (6 pack) 1.5 Liter	13.90
Orange Juice	6.90 - 7.90
Coca Cola (Various) 1.5 Liter	7.90
Pepsi Mac 1.5 Liter	6.90
Frozen Vegetables	Peas- 13.90 Peas & Carrot Mix- 14.90 Mixed Vegetables- 18.90 Broccoli- 22.90 Green Beans and Soy Beans – <a href="#">Ask for pricing (prices vary)</a>
Frozen Meat / Fish	Ground Beef, Chicken Breast, Chicken Wings, Tilapia, and Salmon <a href="#">Ask for Pricing (prices vary)</a>
Frozen Hamburgers and Kabab	15.90
Tivol ( Frozen Vegetarian Meat Replacements/ Patties and Schnitzels)	31.90

<b>Frozen Schnitzel and Breaded Chicken Nuggets</b>	<b>19.90 - 34.90</b>
<b>Frozen Pizzas, Fries, and Borekas (puff pastries)</b>	<a href="#">Ask for Pricing (prices vary)</a>
<b>Toilet Paper (4 pack)</b>	<b>9.90</b>
<b>Toilet Paper (32 pack)</b>	<b>33.90 - 41.90</b>
<b>Paper Towel</b>	<b>12.90</b>
<b>Trash Bags</b>	<b>16.90 - 19.90</b>
<b>Bleach (1 Liter)</b>	<b>6.90 - 10.90</b>
<b>Bleach (4 Liter)</b>	<b>11.90</b>
<b>Dish Soap</b>	<b>6.90</b>
<b>Sponges (6 pack)</b>	<b>12.90</b>
<b>Disposable Plates</b>	<b>5.90 - 7.90</b>
<b>Disposable Utensils (Forks, Knives, Spoons)</b>	<b>5.50 - 7.50</b>
<b>Disposable Cups (Hot &amp; Cold)</b>	<b>4 - 6.90</b>
<b>Baby/Hand Wipes</b>	<b>4</b>
<b>Floor Wipes</b>	<b>10.90 - 12.90</b>
<b>Hygiene Products (Deodorant, Soap, Toothpaste, Feminine Products, etc.)</b>	<a href="#">Ask for Pricing (prices vary)</a>

### Entering Campus after the Quarantine:

In compliance with the guidelines set by the Ministry of Health, all students entering University of Haifa campus must fill in the health declaration form and present the copy of the declaration received by email to the guard. The declaration should be filled in each time the student enters the University. In addition to the declaration, students are required to wear mask and exercise social distancing measures.

Health Declaration Form: <https://www.studyinhaifa.com/healthdeclaration2020>

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



### Food and Living Expenses:

There is no meal plan at the University of Haifa, but students can prepare meals in their suites. Larger supermarkets and the open-air market are within a short bus ride from the campus. There are also subsidized cafeterias located on campus serving kosher meals during the day at reasonable prices. Numerous restaurants are located within a short driving distance from campus.

You should plan to spend \$500-\$700 per month for food, independent travel, and incidental expenses. You may need a bit more for the first month to cover initial purchases of household items and books.

### Gym Facilities:

The University of Haifa has a gym on campus with different aerobic machines (treadmill, bicycles, and elliptical machines) as well as weights. The facility is located within short walking-distance from the dormitories. International students are welcome to purchase a membership to the gym for the period of time that they will be in Haifa. For those who will indicate interest, we will prepare their registration forms and they will register directly through the gym administration after completion of the quarantine period.

## // REQUIRED DOCUMENTS

### Passport:

You must have a passport that is valid for the duration of the time you expect to be abroad.

### Israeli Visa Requirements:

**Student Visa:** All students in Israel are required to possess a valid student visa, which is a multiple-entry visa valid for one year during which time you can leave and re-enter Israel a number of times within the period of validation without having to secure a new visa. Student visas are renewable after one year both in Israel and abroad.

To apply for a Student Visa you must contact the Israeli Consulate in your area. The Israeli Consulate will inform you as to which type of documents you will need. Most likely you will need to submit the following items with your application:

1. Your passport, valid for at least two more years.
2. Your letter of acceptance to the University of Haifa.

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



3. Two copies of the visa application form, with one photograph attached to each copy. Forms can be obtained from the Israeli Consulate.
4. Proof of sufficient funds to cover tuition and living expenses
5. Letter from the University of Haifa declaring that the Israeli Ministry of Health provided us permission to open the institute for international students.
6. Letter from the University of Haifa declaring that the institute is following and complying with all the Israeli Ministry of Health guidelines.
7. The student statement to comply with the ministry of health and the University of Haifa guidelines.

If you do not live near an Israeli Consulate, please contact the closest consulate by phone. If arrangements are made far enough in advance, a visa can usually be attained by mail.

**Students who were born in Israel and/or whose parents are or were Israeli citizens** should consult the Israeli consulate in their area to clarify their status and complete any necessary steps before arrival.

### Entry forms:

In order to enter Israel, the student must hold a valid **entry permit** issued by the Embassy, together with the student visa, and fill in the **clearance form** within 24 hours prior the flight. The special permit and the clearance form must be presented when boarding the plane and at the border control upon arrival in Israel. Upon entrance to Israel, students might be required to present a valid insurance coverage by the Harel Yadidim company

### Israeli Visa Extensions during the studies:

To extend your student visa, please consult the International School Coordinator, Ms. Miri Atias via [matias2@univ.haifa.ac.il](mailto:matias2@univ.haifa.ac.il).

## // ARRIVAL AND FLIGHT INFORMATION

### Travel to Israel:

Students need to make their own travel arrangements to Israel and to the University of Haifa. Arrival date for International Students is **October 1st, 2020**. Please note, all students residing at the dorms are required to arrive at the University of Haifa Dormitories on **October 1st, 2020 between 08:00-20:00** Israeli time for a check-in procedure to the dorms. Off campus, students are required to arrive to check – in, registration and orientation day that will take place on **October 19th\***.

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



You **MUST** submit an inbound clearance application form no more than 24 hours before your flight. To submit your form, please click here: <https://www.gov.il/en/service/request-entry-to-israel-covid19>

You will receive emails and updates from our admissions team with important pre-arrival information and guidance along with information regarding orientation and registration.

\* Ministry of Health and government guidelines are subject to change. Please, refer to our updates and notifications close to the arrival date for further information and guidance. To check the status or changes in the categorization of your country concerning mandatory quarantine, please see here: <https://www.gov.il/en/Departments/DynamicCollectors/green-red-countries?skip=0>

\*\* Students from "green" countries are exempt from mandatory quarantine upon arrival, so long as they fly directly to Israel, or have layovers in other designated "green" countries. Students that have layovers in "red" countries will have to be in quarantine upon arrival.

On the day of your flight, we encourage you to arrive to the airport four hours ahead of your departure time. Security personnel will routinely ask all passengers questions about their baggage, destination, and purpose for traveling. In addition to your passport and ticket, we strongly recommend that you have a copy of your letter of acceptance to the International School at the University of Haifa easily accessible to verify your identity and purpose for traveling, along with all supplemental documentation, which was necessary for the visa process.

### Travel Inside Israel:

We suggest you download the following apps as they will be useful for your travel within Israel:

Israel Railways: <https://www.rail.co.il/en>  
Egged Bus Company: <http://www.egged.co.il/HomePage.aspx>  
Moovit: <https://moovitapp.com/>  
Get Taxi: <https://gett.com/il/taxiapp/>

### Luggage:

We recommend that you do not ship luggage to Israel. It is best to take your belongings with you and check them on your flight. If you must take excess baggage, it is much less expensive to pay the extra baggage charge than to ship baggage. If you choose to ship luggage, please note that procedures for clearing bags through customs can be quite complicated. You must have a detailed itemized list of the contents of each bag, and you may be taxed on personal items whether they are new or used. In addition to customs fees, you may be required to pay port fees and handling charges. Rather than bringing excess luggage or shipping baggage, we encourage you to minimize your packing and consider purchasing necessities upon arrival in Israel.

If you are lost or need directions during arrival, please call: +972-52-866-6431 between the hours of: 8:00am-8:00pm.

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



If your suitcase or any of your personal items are lost at Ben Gurion Airport, please provide the same number as above when filling out the contact information for the missing items report: +972-52-866-6431.

## How to Arrive from the Airport to the University of Haifa:

Ben Gurion International Airport is about a 1.5 hour car ride from the University of Haifa. It is very easy to find your way from Ben-Gurion International Airport to the University of Haifa.

Under current Covid-19 regulations, transportation to the University of Haifa upon arrival is limited ONLY to taxis from the airport. You can access taxi services/ dispatchers from:

Level G, at the exit from Gate 03

For more information about taxi services, please see here: <https://www.iaa.gov.il/en-US/airports/bengurion/Transportation/Pages/Taxi.aspx>

Taxi transportation costs can be calculated below and the general cost to the University can be between 400-600 shekels (\$100-\$150):

<https://www.iaa.gov.il/en-us/airports/bengurion/pages/taxifarecalculator.aspx>

Other options available if there are non-Covid-19 regulations:

1. *Sherut*: Shared taxis called *sherut* wait outside the arrivals hall exit.
  - There are *sherut* that bring people directly to Haifa and the surrounding regions that depart from the service post on Level G, next to Gates 01-03.
  - There are signs directing to the post and the service operates 24 hours a day. Telephone: 04-866232
  - Let the driver know that you need to be dropped off at the dormitories of the University of Haifa. As soon as the *sherut* van fills with ten people, it will leave for Haifa and will bring you directly to campus. The cost of the *sherut* is about 70 shekels or about \$20.
2. *Train*: There is a train station at the airport where you can board a train that will bring you directly to Haifa.
  - When exiting (after baggage claim and customs), you will see to your left hand side the exit to the train station (there will be a sign above the exit).
  - The entrance to the train station is on your immediate left upon exiting the airport and you will be able to purchase tickets either by machine via credit card or with a clerk.
  - Purchase your ticket to: **Haifa-Hof HaKarmel (Razi`el)**. The cost of the train is about 50 shekel (about \$15).
  - Take the train northbound to **Haifa-Hof HaKarmel (Razi`el)**. It is the first train stop in Haifa.
  - Take a taxi to the University of Haifa Dorms , "**Meonot Universitat Haifa**" (transliteration) or walk to the central bus station and take **Bus 46 or 146** from **Platform: 16** and get off at the last stop on campus: "**Meonot Universitat Haifa.**"

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



A private taxi to the university will cost approximately 50 shekels (\$15). A bus to campus will cost 6.9 shekels (about \$2.50). If you have a lot of luggage, taking a cab will be the best option.

### Phone Services upon Arrival:

You **MUST** have phone and data service upon arrival. For those who must be in quarantine you need to arrive from home with data and phone service which will be able to cover you for the two week period of quarantine and have the following options:

Students from the US, Canada, Europe and Australia have the option to pre-order SIM cards and plans before arriving to Israel and have them shipped directly to their home: <https://www.talksave.net/school-programs/>

Those who wish to have a plan upon arrival, have the ability to pre- register for one and pick up your SIM card at the 019Mobile booth at Ben Gurion Airport: <https://019mobile.com/>

## // WHAT TO BRING

### Suggested Packing List:

Dress in Israel tends to be casual, and what you wear at your home university is probably what you will want to wear at the University of Haifa. In addition to your basic clothing, we suggest you bring the following items:

- Unlocked/SIM-free phone
- Water Bottle
- Hand-sanitizer, masks, gloves
- Kitchenware
- Swimwear
- Hat
- Hiking shoes
- Waterproof sandals
- Sunscreen
- Towels
- Prescription medication
- Toiletries
- 2 Passport Photos (for gym membership)

If you will be living in the dormitories on campus, please note: you **MUST** bring sheets and blankets (for a single bed) with you from home. You **MUST** bring enough clothing for a minimum of two weeks.

The dormitories will provide you with a hotplate and a refrigerator in your dorms. **Utensils and added appliances are NOT provided by the dormitories.** They can be purchased upon arrival during your first week in Haifa, or brought with you from home. Students in quarantine **MUST** bring utensils with them from home.

It should be noted that most American and European brands of toiletries can be purchased in Israel, and that Israel offers many comparable brands, so there is no need to bring a large supply

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



of toiletries. Some items, such as batteries and reading material, are very expensive in Israel, so you may want to bring enough to last you through your stay.

### **Electrical Appliances:**

The electrical current in Israel is 220 volts, 50 cycles (as opposed to the 110 volts and 60 cycles in the USA). Therefore, if you choose to bring any electrical equipment, you will need to purchase a transformer. Some appliances, such as hair-dryers and shavers, may be dual-voltage, and for these you will need adapter plugs that are convertible to the Middle East. We suggest that you bring an alarm clock that runs on batteries.

## **// COMMUNICATIONS WHILE IN ISRAEL**

### **Phone Services upon Arrival:**

Please be sure that your phone is unlocked so you can purchase an Israeli sim card for the duration of your studies. Students are required to have their cell phones charged and with them at all times to enable International School staff to reach them by phone call or WhatsApp message in the event of an emergency.

The International School is unable to provide students with the means of making or receiving personal calls unless a true emergency exists. The office can receive messages for students during its regular office hours on Sunday through Thursday, 8:00 – 16:00 (8:00 AM to 4:00 PM).

**You MUST have phone and data service upon arrival. For those who must be in quarantine you need to arrive from home with data and phone service which will be able to cover you for the two week period of quarantine and have the following options:**

**Students from the US, Canada, Europe and Australia have the option to pre-order SIM cards and plans before arriving to Israel and have them shipped directly to their home: <https://www.talksave.net/school-programs/>**

**Those who wish to have a plan upon arrival, have the ability to pre- register for one and pick up your SIM card at the 019Mobile booth at Ben Gurion Airport: <https://019mobile.com/>**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



### Mail:

A letter or package sent first class will take approximately 7-14 days to arrive in Israel via standard airmail, depending on the country of origin. "FedEx," "UPS," and "DHL" express mail services exist to and from Israel. We advise you to bring all electronic items and appliances with you and not send them through the mail. Electrical items of any kind that are sent by mail will be subject to customs tax even if they are not new. Packages sent via surface mail from the United States take six to eight weeks for delivery. Students will be asked to come to the main post office in downtown Haifa to clear such items.

All mail should be clearly addressed:

**Your name**  
**C/O International School**  
**University of Haifa**  
**199 Abba Hushi Blvd.**  
**Haifa, Israel 3498838**

The student mailbox is located just outside the International School office. Mail is delivered once a day at noon. You will be notified via e-mail if you receive a package.

### Internet Access:

Students have free internet access at the computer terminals located throughout campus and in the dormitories. In addition, there is wireless internet access available throughout campus (Choose: AirCarmel) and at the dorms as indicated in your apartment.

## // HEALTH CARE AND INSURANCE

### Medical Insurance:

Health insurance for all full-time students in the International School is included with your tuition fee. Upon acceptance to the University of Haifa you will receive information about Harel-Yedidim Insurance Agency, the company with whom the University of Haifa works. Please note that the Israeli health insurance does not cover pre-existing conditions and is limited to students under the age of 65. Therefore, if you do not qualify for the Israeli health insurance due to a pre-existing condition or your age, you must continue to be covered by your health insurance from your home country. You will receive your health insurance card upon arrival/during orientation. To contact Harel, please call: **Einat Cohen : +972-54-529-7775**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



## Medication:

If you are taking prescribed medication, it is advisable to bring an adequate supply for the duration of your trip abroad. If that is not possible, you should bring a doctor's prescription (clearly typed in English) for the medicine that you are using, or a prescription of a generic medication that is suitable for your condition. If your medication is sent to you through the mail, you will be required to present a copy of the prescription to the Israel Customs Office before it can be released.

## Mental Health:

Students who need counseling services are welcome to contact the Internal School. English-speaking counselors are available for international students. There is a fee for counseling services; this fee is the responsibility of the student. The Israeli health insurance through Harel Yedidim does not cover mental health services.

## "Clalit" Medical Services in Haifa:

**Doctor Appointment** - For appointment with a family physician, please call the "Clalit" clinic directly:

### 1// Einstein Clinic

**Address:** 139 Albert Einstein st, Haifa, Commercial Center 1<sup>st</sup> floor. Tel: 04-6141730

**Buses:** 37, 37א, 29, 39, 82, 91, 95, 95 א . Pharmacy: yes

**Clinic Hours:** Sun – Thurs: 07:30-12:30, Frid: 08:00-12:00

Sun, Mon, Wed, Thur, 15:30 – 18:30. Tues: 14:30-16:00

### 2// Bonen Clinic:

**Address:** 73 Moriah Ave., Haifa **Tel:** 04-8117222

**Buses:** 30,31,28,37,136,132,133 **Pharmacy:** Yes

**Clinic Hours:** Sun, Tue, Thu 8:00-13:00, 16:00-19:00

Mon 08:00-15:30

Wed, Fri 08:00-12:00

### 3// Dr. Resh Clinic:

**Address:** 4 YizhakElchanan St., Haifa **Tel:** 04-8109900

**Buses:** 23, 21, 3, 28, 37 **Pharmacy:** Yes

**Clinic Hours:** Sun, Mon, Thu 8:00-18:30

Tue 08:00-16:00

Wed, Fri 08:00-12:00

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



\*For an appointment with a specialist, please call Clalit call Center at \*2700 and press 4 for English.

**Summary of coverage:** [https://uhaifa.org/images/Summary\\_of\\_coverages\\_UMS\\_Policy.pdf](https://uhaifa.org/images/Summary_of_coverages_UMS_Policy.pdf)

**Full Insurance Policy:** <https://uhaifa.org/images/UMSPOLICY.compressed.pdf>

### Emergency Services and Services after Clinic Hours:

**At night, from 7 PM to 6 AM the next morning, and on Saturday and holidays:**

If you feel unwell at night you may do one of the following:

**1 // Contact "BikurRofe"** Call Center 1800-260-660 and request a **house call**. A doctor will come to see you within 3 hours. If it is urgent, you can consult a doctor at the above number and ask to get a referral to the hospital.

**2 // Call \*2700**, Press "4" for the English operator, then press "5" and wait for consultation with a nurse on duty. If it is necessary to refer you to the emergency room for urgent treatment, the nurse will send a letter of referral directly to the emergency room to which you are referred.

**3 // A visit to the emergency room is free of charge ONLY if you have received a letter of referral** from a Clalit or "BikurRofe" physician, or when one of the following criteria is met

1. An injury that requires stitches.
2. Aspiration of a foreign body into the windpipe
3. Any new fracture
4. Serious dislocation of the shoulder or a joint.
5. Penetration of a foreign body into the eye
6. A snake bite
7. Hospitalization of over 24 hours

**A Hospital** under agreement with the Clalit Health Services in Haifa is **Ha'carmel Hospital**

### Prescribed medications in Israel:

Please bring any prescribed medicines with you from home to cover you for the time you will be abroad.

If prescribed medicine in Israel following a doctor's visit, you may purchase prescription medicine **only at the pharmacies located in the Clalit clinics**. Medication included in the government's

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



Health Service Basket (*salhabriyut*) **is generally provided free of charge or at the low fee.** Medication **not included** in the Health Service Basket **is paid for by the insured.** Therefore, if your doctor writes a prescription, you should remember to ask for medication that is included in the Health Service Basket.

## // **BANKING AND MONEY MATTERS**

Upon arrival to Ben Gurion Airport, we strongly suggest you convert a minimum of \$150 to NIS (New Israeli Shekel) for transportation and food. When exiting the baggage claim you will see a "Bank Ha Poalim" money exchange booth next to the main exit to the train station/taxi station.

### **Bank Cards:**

The easiest way to obtain cash while in Israel is to use your bank/ATM card from your bank in your home country. Be sure to check with your bank ahead of time to find out if your card can be used internationally and if any extra fees apply. Also, if your card requires a password, be sure to bring it with you. There is a branch of Bank Yahav on campus with ATM machines that accept international cards.

You are encouraged to notify your bank ahead of time of the dates you will be abroad and where you will be traveling. This will prevent them from freezing your bank card due to what they may consider suspicious activity if they are not aware that you are abroad.

### **Credit Cards:**

Visa and MasterCard are widely accepted in Israel, and many places will also accept Diner's Club and American Express. Credit cards can be used for purchases in stores, restaurants, movies, and for various services. In addition, your credit card can often provide you with a cash advance.

You are encouraged to notify your credit card company ahead of time of the dates you will be abroad and where you will be traveling. This will prevent them from freezing your credit card due to what they may consider suspicious activity if they not aware that you are abroad.

## // **SECURITY AND LIFE IN THE MIDDLE EAST**

As you prepare for your study experience in Israel, the issue of security is undoubtedly on your and your family's minds. First and foremost, know that the welfare of our students is our highest

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



priority. It is an unfortunate fact that we have had to adjust ourselves to difficult times here in Israel, but we have learned to deal with them calmly and professionally. The International School staff has many years of experience making sure that our students live and study in safety and return home enriched by their time here.

The University of Haifa's campus is set on a quiet spot on top of Mount Carmel on the edge of Haifa. The University employs special security guards who check every individual coming into campus and who patrol the campus grounds. Entrance to the dormitory complex is limited to those with a dorms ID card, and a guard is on duty 24 hours-a-day, 7 days a week. This facilitates a secure and relaxed atmosphere where students can focus on their studies. All aspects of our social program, including trips around Israel, are coordinated with the security authorities, thus allowing students to see the country in the safest possible way.

During orientation at the beginning of each semester, students will receive an updated list of security instructions. These instructions will include information about measures students can take to keep themselves safe, parts of Israel where students are not allowed to travel, and what to do in case of an emergency. These instructions change from semester to semester and all students enrolled in the International School are required to abide by these instructions. Failure to abide by the security instructions may result in dismissal from the International School.

### Emergency Contacts:

- International School office:** 04-8288730
- Madrich on call/Emergency contact number:** 052-8666431
- Dorm Security:** 04-8240720/8240370
- Medic on Campus:** 04-8240237/8240703
- Police: 100    Ambulance: 101**

## // ACADEMIC INFORMATION

### Semester Courses:

Prior to the start of the semester, students will receive an online pre-registration form for indicating classes of interest for the semester. This form is non-binding, and upon arrival students will have

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



a one week "add-drop period" in which they can sit in on the courses they have chosen, plus any additional courses that may be of interest. After this one-week period, students will fill out and submit a paper version of the final registration form with the courses they are going to take. At that time, registration to courses will be closed and no changes are permitted. All registered courses will appear on your transcript.

Pass/ Fail is not an option. If a student no longer wishes to participate in a course after final registration, they will receive a numerical grade, which reflects what they have done in the course.

Study Abroad BA students are allowed to take one course from the regular University of Haifa or from certain International School MA programs which are taught in English. MA Study Abroad students have the ability to take two courses. Participation in such courses requires a relevant course background and approval from the department/ program. Requesting to register in such courses can only be done through the Study Abroad Academic Advisor, Dr. Miryam Sivan: [msivan@univ.haifa.ac.il](mailto:msivan@univ.haifa.ac.il). Please note that courses through International School's international MA programming run the same dates as courses at the regular University of Haifa. In most cases, those classes will start and end later than courses through the Study Abroad Program at the International School. Dormitory and health insurance extensions will be necessary at added cost, along with changing flight departure dates. For programming dates go to [www.uhaifa.org](http://www.uhaifa.org).

Seminar Courses- Courses (only one) can be taken as a seminar for one additional credit point (instead of 3, as 4 credits). Taking a course as a seminar means additional course work and a final seminar term paper of 20-25 pages in length.

Final Examinations/Papers- Any final examinations for courses will be given by and/or on the final day of classes for the semester. Final papers will be due two weeks after the semester ends and final seminar papers will be due four weeks after the semester ends.

Absentee Policy- Students have the ability to miss up to 20% of class, without penalization.

Early Departure- Students are not allowed to leave the program early. If there is overlap between the end of the semester at the International School, and the start of your semester at your home institution, you may be granted permission for early departure and you must complete the [Multiple Petition Form](#). This form needs to be completed, signed and stamped, during the first two weeks of classes and handed in to the Student Coordinator located in room 236 of the Hatter Student Building.

### **Moodle System:**

All course materials is stored in Moodle system, and can be accessed from the following link: <https://mw9.haifa.ac.il/>. The password to the system is sent to you separately. If you need assistance with the access to the system, please call the Computer helpdesk: 04-8240856.

### **Student App:**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



Grades, Exams schedule, Campus navigation and other important information and notifications can be accessed through Student App. The App is available for download in Google Play and Apple Store.

#### **QUICK INSTALLATION INSTRUCTIONS:**

1. Find the App under name of University of Haifa
2. Install the App on your mobile phone
3. Choose language => English
4. Choose => International Student
5. Enter your student ID and student portal/Moodle password

#### **Grading System:**

The following is the grading system in the International School at the University of Haifa:

A+ = 97-100	B+ = 82-85	C+ = 65-72
A = 91-96	B = 77-81	C = 61-64
A- = 86-90	B- = 73-76	D = 55-60
		F = 54 and lower

#### **Transcripts:**

Transcripts are issued after the semester ends by the Student Coordinator, and sent to the address of your choosing. Transcripts will only be issued, once all grades have been submitted and providing there are no outstanding dormitory or tuition and fees balances.

## **// Student Activities**

#### **Trips and Tours**

Trips and tours are offered throughout the semester for Study Abroad programming students and are an excellent way for you to explore Israel. In conjunction, there will be social activities run by our social activities coordinators both on and off campus throughout the semester.

The social activities coordinators are there to assist you and are available 24/7. They can be reached through the following emergency number: **+972-52-866-6431**

#WhyHaifa  
**MultiExperience**

Excellence.Diversity.Innovation



## // Thank You

We want to thank you for choosing the University of Haifa for your study abroad experience. We are looking forward to having you with us for the semester and or academic year and are anticipating your arrival to campus.

We are here to answer any and all questions you may have and are happy to help assist you in any way possible prior to your arrival and while you are here studying abroad with us.

Please don't hesitate to contact us at: [jhochman@univ.haifa.ac.il](mailto:jhochman@univ.haifa.ac.il)

We wish you much health and safety on your journey to us and are looking forward to welcoming you here in Haifa!

#WhyHaifa  
**MultiExperience**

---

Excellence.Diversity.Innovation